

# *“Welcome To Medicare Physical Exam”*

February 2011



Medicare will cover a **one-time** preventive physical exam **within the first twelve months that you have Part B**. This benefit is for all Medicare beneficiaries including those under age 65.

## **How much does the exam cost?**

Currently you pay 20% of the Medicare approved amount and the yearly Part B deductible is waived. Beginning January 1, 2011 there will be no cost if your doctor accepts assignment. Medicare will cover the exam if performed by a physician, physician assistant, nurse practitioner, or clinical nurse specialist. You must indicate to your provider that you want the “Welcome to Medicare Exam” when you schedule your appointment.

## **What should I expect during the exam?**

The “Welcome to Medicare Physical” will include the following:

1. A review of your medical and social history.
2. A review of your potential risk factors for depression.
3. A review of your functional ability and level of safety.
4. Blood pressure, height, weight, body mass index and give you a simple vision test
5. End-of-life planning
6. Education and counseling on the above five items.
7. A written plan explaining screenings and other recommended preventive services.

All seven elements must be documented in order for the physical to be covered by Medicare. The exam **does not** include clinical laboratory tests.

Medicare will pay for a one-time ultrasound screening for abdominal aortic aneurysms for beneficiaries who are at risk (has a family history or a man age 65 to 75 who has smoked at least 100 cigarettes in his lifetime.) **Only Medicare beneficiaries who receive a referral from the Welcome to Medicare physical exam will be covered for this benefit.** There is no Part B deductible, but you or your supplemental insurance will be responsible for the coinsurance.

Medicare will also cover a one-time **screening** EKG if you get a referral from the Welcome to Medicare physical exam. You pay 20% of the Medicare approved amount after you meet the Part B deductible.

## **What should I take to the exam?**

You should bring the following when you go to your “Welcome to Medicare” physical exam:

- Medical records, including immunization records (if you are seeing a doctor for the first time)
- Family health history
- A list of current prescription drugs, how often you take them, and why.

## **Additional Preventive Services Covered by Medicare:**

- Bone Mass Measurement
- Cardiovascular Screening
- Colorectal Cancer Screening
- Diabetes Screening
- Flu Shot
- Glaucoma Test
- Hepatitis B Shot
- Pap Test and Pelvic Exam
- Pneumonia Shot
- Prostate Cancer Screening
- Screening Mammogram
- Smoking Cessation Services

For more information about preventive benefits covered by Medicare, call SHIIP to request your copy of *Medicare Preventive Benefits* fact sheet.

## **You can track your Medicare benefits online.**

Go to [www.mymedicare.gov](http://www.mymedicare.gov) to track your preventive benefits. For assistance contact the Senior Health Insurance Information Program or SHIIP at 1-800-351-4664.

**SHIIP is a resource for objective information and assistance on Medicare and related health insurance issues.**

**Contact SHIIP if you have questions about:**

**\*Medicare**

**\*Medicare Advantage Plans**

**\*Medicare and Health Insurance Claims**

**\*Medicare Savings Programs/Medicaid**

**\*Medicare Supplement Insurance**

**\*Medicare Prescription Drug Plans**

**\*Retiree and Military Health Insurance**

**\*Long Term Care Insurance**

**Call 1-800-351-4664 (TTY 1-800-735-2942) for the SHIIP services in your area, or go to the website: [www.therightcalliowa.gov](http://www.therightcalliowa.gov)**

This publication has been created or produced by the State of Iowa with financial assistance, in whole or in part, through a grant from the Centers for Medicare and Medicaid Services, the Federal Medicare Agency.